

## Taekwondo

Taekwondo, the art (do) of foot (tae) and fist (kwon) fighting, is a Korean martial art and an Olympic discipline. The belt tests include breaking tests as well as forms and demonstrated self defence techniques.

Children: Wed. 16:30-18:00 Uhr  
Youth/Adult: Wed. 18:00-19:30 Uhr  
Free Exercise: Sat. 14:00-16:00 Uhr  
Free Exercise: Sun. 12:00-14:00 Uhr  
Gym at the Hedwig-Schule  
St.-Hedwig-Straße 24 · 59557 Lippstadt

Youth/Adult: Fri. 18:00-19:30 Uhr  
Jahnsporthalle  
Udener Straße 2 · 59555 Lippstadt

**Info:**  
[taekwondo@jsv-lippstadt.de](mailto:taekwondo@jsv-lippstadt.de)



## Spielerisch Mutig (Playful Courageous)

Our offer addresses children around the age 5 – 7 years old. The classes are flexible and focus on a playful approach to martial arts. The focus is on diverse activities, nurturing the coordination and motor skills of the children. In our group we teach:

- an early understanding of appreciation and respect
- manners, fair play and courage
- ability and fun to exercise
- secure movements
- self-assertion in the group

Children 5-7: Fri. 15:15-16:15 Uhr  
Gym at the Hedwig-Schule  
St.-Hedwig-Straße 24 · 59557 Lippstadt

**Info:**  
[info.spielerisch.mutig@jsv-lippstadt.de](mailto:info.spielerisch.mutig@jsv-lippstadt.de)



- **1 Contribution for 7 Martial Arts Styles**
- Adults: 10.00€ monthly; Children/Youth: 7.50€ monthly
- Pay quarterly, 10% discount if you pay annually
- Single admission fee: 10.00€
- Start training with us anytime (comfortable clothes are enough)
- Trial exercises for free

**Come along – we'll gladly welcome you!**



Playstore: [JSV Lippstadt News App](#)



<https://www.facebook.com/JSVLippstadt/>



[https://twitter.com/presse\\_jsv](https://twitter.com/presse_jsv)



[https://youtube.com/channel/UCKnJKk3\\_DERHdzSZ7bHNm7g](https://youtube.com/channel/UCKnJKk3_DERHdzSZ7bHNm7g)



[https://www.instagram.com/jsv\\_lippstadt/](https://www.instagram.com/jsv_lippstadt/)

**No classes during the school holidays!**



**Manager  
Henning Irlé**

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Supported by:



**Judo-Sportverein  
Lippstadt e.V.**



## Aikido

The martial art Aikido is defensive in nature. Neutralize the energies of an attack and redirect them, not abrupt but fluently and with round movements with or without weapons. Strength from the inner centre, defensive and saving resources. Ending violence without violence, that's the goal. Though defending against an attacker who won't stop is part of Aikido's spectrum as well.

Youth/Adult: Mon. 19:30-21:00 Uhr  
Gym at the Hedwig-Schule  
St.-Hedwig-Straße 24 · 59557 Lippstadt

Youth/Adult: Thu. 20:00-21:45 Uhr  
Double gym of the school sport centre  
Torfweg 53 · 33397 Rietberg  
At TuS Viktoria Rietberg 1910 e.V.

**Info:**  
[aikido@jsv-lippstadt.de](mailto:aikido@jsv-lippstadt.de)



## Tai-Chi

Fundamental goals of exercising Tai-Chi are staying healthy and meditating. Therefore the martial arts aspect plays a minor role, which can be spotted in certain movements nonetheless. You can learn Tai-Chi at every age and there's only few sports with as many elderly actively exercising.

Youth/Adult: Thu. 18:00-20:00 Uhr  
Old gym of the  
Evangelisches Gymnasium  
Beckumer Straße 61 · 59555 Lippstadt

**Info: 02941 658381**  
[taichi@jsv-lippstadt.de](mailto:taichi@jsv-lippstadt.de)



## Ju-Jutsu

Ju-Jutsu is modern self defence from experience for the practical use. Next to fundamental moves like move patterns, falling techniques, guards, kicks, punches and strikes there are also throws and joint locks in Ju-Jutsu.

Children: Tue. 17:00-18:15 Uhr  
Youth: Tue. 18:15-19:30 Uhr  
Children: Fri. 16:30-18:00 Uhr  
Youth: Fri. 18:00-19:30 Uhr  
Adult: Tue. + Fri. 19:30-21:30 Uhr  
Gym at the Hedwig-Schule  
St.-Hedwig-Straße 24 · 59557 Lippstadt

**Info:**  
[jujutsu@jsv-lippstadt.de](mailto:jujutsu@jsv-lippstadt.de)



## Capoeira

Capoeira is a Brazilian martial art rooted in Africa. Main aspects next to the competition in Roda are the history of Capoeira and the music.

Mon.: Youth/Adult  
1st Apr. to 30th Sep.: 18:00-20:00 Uhr; Children: 17:00-18:00 Uhr  
1st Oct. to 31st Mar.: 17:15-18:30 Uhr; Children: 16:00-17:15 Uhr  
Fri: Children/Youth/Adult  
1st Mar. to 31st Oct.: 16:30-18:30 Uhr  
1st Nov. to 28th Feb.: 16:00-18:00 Uhr  
Gym at the Schule im Grünen Winkel  
Johannes-Westermann-Platz 8  
59555 Lippstadt

**Info: 0160 5098744**  
[capoeira@jsv-lippstadt.de](mailto:capoeira@jsv-lippstadt.de)



## Kickboxing

Kickboxing originated from the combination of different East Asian martial arts with the western boxing. It's an athletic fair one-on-one fight with strict rules in which feet (kicks) and fists (boxing) are used to compete.

Youth/Adult: Wed. 19:00-21:00 Uhr  
Prepare for competition: Sat. 17:00-18:30 Uhr  
Youth/Adult: Sun. 12:00-14:00 Uhr  
Gym at the Hedwig-Schule  
St.-Hedwig-Straße 24 · 59557 Lippstadt

**Info:**  
[kickboxen@jsv-lippstadt.de](mailto:kickboxen@jsv-lippstadt.de)



## Judo

"The gentle way"; the traditional Japanese martial art found its way in our modern time. This Olympic sport trains the entire body, while the values develop mind and personality.

Children/Youth: Mon. + Thu. 17:30-19:30 Uhr  
Youth/Adult: Mon. + Thu. 19:30-21:00 Uhr  
Free Exercise: Sun. 10:00-12:00 Uhr  
Gym at the Hedwig-Schule  
St.-Hedwig-Straße 24 · 59557 Lippstadt

**Info:**  
[judo@jsv-lippstadt.de](mailto:judo@jsv-lippstadt.de)

